

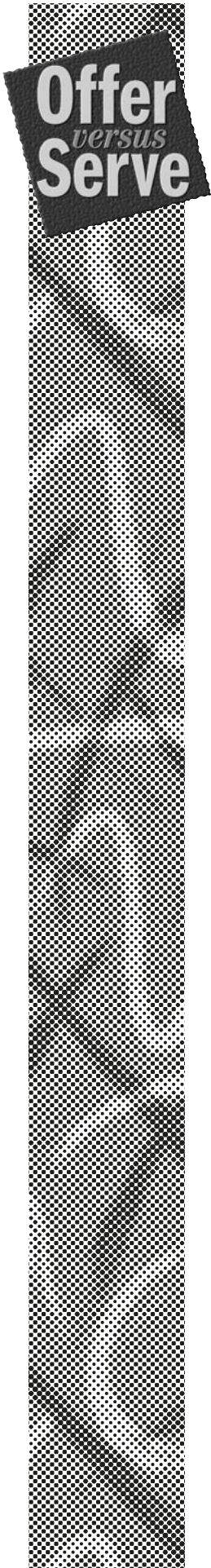
**Sample Lunch Menus—  
Traditional FBMP (Grades K-3)**

FOOD ITEMS	FOOD COMPONENTS
Lasagna OR Taco Pocket Green Salad with Dressing Fresh Banana Half Choice of Milk	
Hamburger on Bun with Fixin's (Catsup, Mustard, Relish) OR Chicken Nuggets with Roll Potato Rounds Fruit Cocktail Oatmeal Cookie Choice of Milk	
Ham Sandwich with Mayo, Mustard OR Bean & Cheese Burrito with Salsa Green Beans Peach Slices Low-fat Vanilla Pudding Choice of Milk	
Spaghetti with Meat Sauce and Garlic Bread OR Peanut Butter & Jelly Sandwich Tossed Salad with Dressing Fresh Apple Choice of Milk	
BBQ Chicken Drumsticks OR Cajun Fish Filet with Lemon Seasoned Rice Carrot & Celery Sticks with Dip Kiwifruit Bread Pudding Choice of Milk	

## Sample Lunch Menus— Traditional FBMP (Grades 4-12)

**Offer**  
*versus*  
**Serve**

MENU ITEMS OFFERED	FOOD COMPONENTS	REIMBURSABLE MEALS	NOT REIMBURSABLE
BBQ Pork on Whole-Wheat Bun with Coleslaw OR Chicken/Vegetable Stir-Fry with Chinese Noodles and Steamed Rice Pineapple Tidbits Gingerbread with Whipped Topping Choice of Milk	2 oz M/MA + 2 svg G/B + ½ cup V/F ¼ cup V/F 8 oz MILK		
Vegetable Lasagna with Garlic Bread OR Sub Sandwich with Oven-Fried Potato Wedges Tossed Salad with Dressing Oatmeal-Raisin Cookie Choice of Milk	2 oz M/MA + 2 svg G/B + ¾ cup V/F ½ cup V/F 8 oz MILK		
Breaded Chicken Nuggets with Honey-Mustard Dip OR Corn Dog with Mustard Oven Fries with Catsup Carrot & Celery Sticks with Dip Whole-Grain Roll Choice of Milk	2 oz M/MA + ½ svg G/B ½ cup V/F ¾ cup V/F 1 svg G/B 8 oz MILK		
Chili Cheese Nachos with Cornbread OR Breaded Fish Fillet on Bun with Tartar Sauce Tossed Salad with Dressing Steamed Green Peas Apple Crisp Choice of Milk	2 oz M/MA + 2½ svg G/B ½ cup V/F ¼ cup V/F ¼ cup V/F 8 oz MILK		
Spaghetti with Meat Sauce OR Honey-Lemon Chicken with Steamed Rice Broccoli Spears Fresh Peach Garlic Bread Choice of Milk	2 oz M/MA + 1 svg G/B ¾ cup V/F ½ cup V/F 1 svg G/B 8 oz MILK		

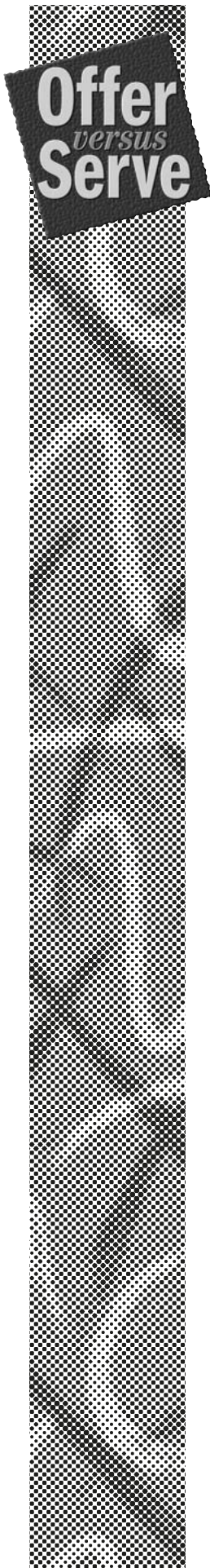


**Sample Breakfast Menus—  
Traditional FBMP (Grades K-12)**

FOOD ITEMS	FOOD COMPONENTS
Assorted Cereal Toast & Jam Orange Juice Milk	
Cheese & Egg Quesadilla with Salsa Applesauce Milk	
Flavored Yogurt Bagel Half with Jelly Dried Fruit Mix Milk	
Toasted Ham & Cheese Sandwich Half Pineapple Chunks Milk	
Baked French Toast Orange Wedges Milk	

## Sample Breakfast Menus— Traditional FBMP (Grades K-12)

MENU ITEMS OFFERED	FOOD COMPONENTS	REIMBURSABLE MEALS	NOT REIMBURSABLE
Muffin Square Scrambled Egg Fruit Salad Choice of Milk	1 svg G/B 2 M/MA (1 Large Egg) ½ cup V/F 8 oz MILK		
Pancake with Syrup Sausage Patty Sliced Peaches Choice of Milk	1 svg G/B 1 oz M/MA ½ cup V/F 8 oz MILK		
Breakfast Burrito with Salsa Kiwi fruit Choice of Milk	1 M/MA + 1 svg G/B ¼ cup V/F ¼ cup V/F 8 oz MILK		
Hard-cooked Egg Oatmeal with Raisins Choice of Juice Choice of Milk	2 M/MA (1 Large Egg) 1 svg G/B ½ cup V/F 8 oz MILK		
Choice of Cereal Toasted Mini-Bagel with Jam Fresh Banana Choice of Milk	1 svg G/B 1 svg G/B ½ cup V/F 8 oz MILK		



## The Case of the Nearsighted “Not-My-Job” Crew

**Scene:** Child nutrition program operating in an elementary school

Characters and sequence of events:

### Menu Planner:

- Plans the menu: Hamburger on a Bun or Cheese Pizza, Salad or Carrot Sticks with Dip, Choice of Fruit, Milk Choices.
- Gives written menu to the site manager.
- Makes no attempt to clarify menu choices or point out anything unusual.

### Manager:

- Completes menu production records for the week.
- Goes only by the written menu.
- Hands records to the production/service staff.
- Does not attempt to review foods to prepare and serve with staff.

### Cook:

- Prepares menu items, using recipes in his/her memory and seasoning to taste.
- Portions foods according to what looks nice.

### Server:

- Takes food from production area.
- Arranges food on serving line.
- Sets out serving utensils without checking required portion size on menu.
- Does not attempt to plan for customer access, traffic flow, etc.

### Students:

- Go through serving line.
- Aren't impressed by how food is offered.
- Get confused about what foods they can select.
- Some select fewer food items than qualify for a reimbursable meal.
- Proceed to the cashier.

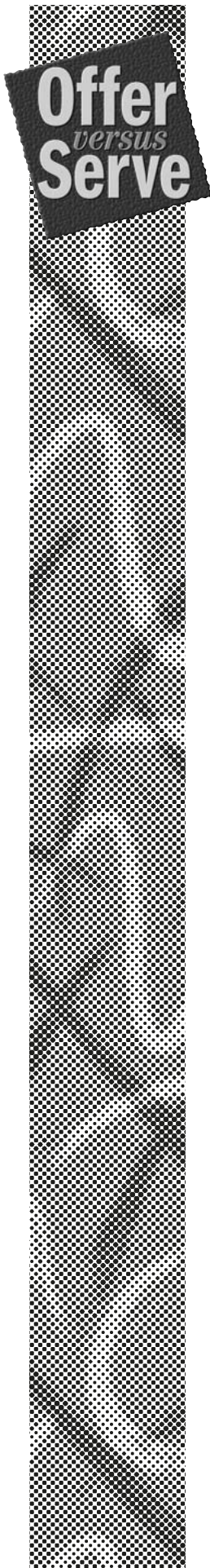
### Cashier:

- Watches students proceed through cashier area.
- Accepts payment in routine manner.
- Records any reimbursable meals selected by students.
- Makes no attempt to persuade students to take reimbursable meals.

### Director:

- Reviews meal counts at end of each week and month.
- Is puzzled why so few reimbursable meals are being claimed.





## The Case of the “Do-It-Right” Dynamos

**Scene:** Child nutrition program operating in an elementary school

Characters and sequence of events:

### Menu Planner:

- Plans the menu: Hamburger on a Bun or Cheese Pizza, Salad or Carrot Sticks with Dip, Choice of Fruit, Milk Choices.
- Gives written menu to the site manager.
- Verbally reviews the menu planned with site manager.

### Manager:

- Completes menu production records for the week, using the written menu and additional information from the menu planner and prior experience.
- Reviews menu production records with the production/service staff and cashiers.
- Coordinates with director, menu planner and others to educate teachers, students and parents about menu choices under OVS.

### Cook:

- Prepares menu items as directed, according to standardized recipes.
- Portions foods accurately for the age/grade group specified.

### Server:

- Arranges food on serving line with an eye for customer access, visual appeal, traffic flow.
- Uses appropriate serving utensils so that students are served correct portion sizes.
- When students come through the line, server encourages them to select a variety of foods that make up a reimbursable meal in an enthusiastic, cheerful manner.

### Students:

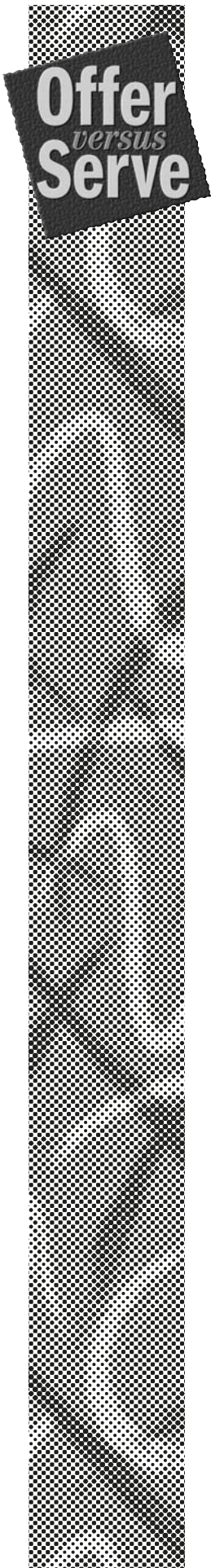
- Go through serving line.
- Respond positively to how food is offered.
- Select foods quickly.
- Most select enough food items to qualify for a reimbursable meal.
- A few select fewer food items than qualify for a reimbursable meal.
- Proceed to the cashier.

### Cashier:

- Invites students to proceed through cashier area.
- Records any reimbursable meals selected by students.
- Enthusiastically tells students with too few food items that they may take additional items.
- Accepts payment for meals efficiently.

### Director:

- Reviews meal counts at end of each week and month.
- Is pleased to see an increase in the number of reimbursable meals claimed.
- Praises staff for effective teamwork.



## OVS Consultants

The following scenario or case study describes an elementary school child nutrition program using Traditional FBMP. The program does not currently use the OVS provisions.

Your task as a team of “OVS consultants” is to:

1. Explain the benefits of OVS to the child nutrition program manager and staff.
2. Give them examples of what students may select under OVS from the menus given.
3. Offer them strategies that streamline OVS implementation under Traditional FBMP, such as menu planning, staff communication, serving line set-up, and so forth.

Be prepared to report to the larger group about what you would do to accomplish these tasks.

### Case Study:

The child nutrition program at Smith Valley Elementary School serves breakfast and lunch to about 75% of the school’s 560 students. The cafeteria manager recently held a brainstorming session with her staff to gather ideas for increasing meal program participation and revenues. In addition to some creative marketing ideas, one suggestion was to implement OVS. While they didn’t know much about it, some staff had heard from neighboring schools that OVS was working well and boosting participation.

Before they could implement OVS, the staff knew they would have to think about their current set-up first. They offer breakfast before school starts during one serving period for all students (grades K-5). Lunch is served to grades K-2 first (11:30–noon) then to grades 3-5 (12:10–12:40). Cashiers accept tickets or payment for meals that will be served as students enter the cafeteria. Foods are served from the steam table area, and each student receives every food item on the menu. This helps the meal service go smoothly. Servers hear complaints daily, but continue to remind students that they must take all foods even if they won’t eat some items. The custodian makes weekly remarks to the manager about how much food he’s noticed kids tossing out.

### Typical menus, using Traditional FBMP, include:

#### Breakfast

Assorted Cereal	Pancake & Sausage	Breakfast Burrito
Toast with Jelly	Applesauce	Fruit Cup
Orange Wedges	Choice of Milk	Choice of Milk
Choice of Milk		

#### Lunch

Beef & Bean Tacos	Chicken Nuggets	Cheese Pizza
Mexican Cornbread	Whole-Grain Roll	Salad Bar
Carrots & Celery with Dip	Tater Tots	Canned Fruit
Fruit Cup	Green Beans	Choice of Milk
Choice of Milk	Choice of Milk	